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ABSTRACT

The course outline is prepared as a guide for the 10th grade student in Commercial Cooking and Baking or Food Management Production and Service. The course introduces the student to effective production of high quality foods and develops an understanding of high standards in quality food service. Totaling 90 hours of instruction, nine blocks of study include basic techniques and methods of cooking, salad making, and baking as practiced in the hotel-restaurant industry. Classroom instruction includes group discussions, lectures, demonstrations, audiovisuals, field trips, individual assignments, and tests. Guest consultants from industry are called on to supplement the instruction. A bibliography includes basic and supplementary references, curriculum guides, and workbooks. Sample posttests conclude the course description. (MW)

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AUTHORIZED COURSE OF INSTRUCTION FOR THE QUINMESTER PROGRAM

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Course Outline
COMMERCIAL COOKING AND BAKING I - 9193
HOME AND FAMILY EDUCATION - 2751
(Cooking Can Be Profitable)
Department 48 - Quin 9193.03 and 2751.03

DADE COUNTY PUBLIC SCHOOLS
DIVISION OF INSTRUCTION • 1973

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D A D E C O U N T Y P U B L I C S C H O O L S

1 4 5 0 N O R T H E A S T S E C O N D A V E N U E

M I A M I, F L O R I D A 33132

Course Outline

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Department 48 - Quin 9193.03 and 2751.03

county office of

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Dade County Public Schools
Miami, Florida 33132

June, 1973

Published by the School Board of Dade County

Course Description

9193 & 2751	48	2751.03 9193.03	Cooking Can Be Profitable
State Category Number	County Dept. Number	County Course Number	Course Title

This course is for one quinmester. It provides the opportunity for students to demonstrate their ability to perform basic skills in Food Planning and Preparation. Students are taught good work habits and attitudes relating to the food service industry. Upon completion of this quinmester course, the student will be able to perform basic techniques and methods of cooking, salad making, and baking as practiced in the Hotel-Restaurant industry.

Indicators of Sucess: The student must have satisfactorily completed "Nutritious Meal Planning (9193.02 & 2751.02)

Clock Hours: 90

PREFACE

This quinmester course outline has been prepared as a guide for the tenth grade student in Commercial Cooking and Baking or Food Management Production and Service. This course introduces the student to effective production of high quality foods and develops an understanding of high standards in quality food service.

This outline consists of 90 hours of supervised learning acitivities and instruction offered in nine blocks of study including the post test and it covers a period of nine weeks. Emphasis will be placed on basic skills in food preparation through the use of equipment and tools, weight and measures, recipes and temperatures.

The classroom instruction includes group discussions, lectures, demonstrations, audio-visuals, field trips, individual assignments and tests. Guest consultants from industry are called upon to supplement the instruction. The instruction is further developed by the use of information sheets, food service manuals and textbooks.

This outline was developed through the efforts of the instructional and supervisory personnel, the Quinmester Advisory Committee and the Vocational Curriculum Materials Service, and has been approved by the Dade County Vocational Curriculum Committee.

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with Suggested Hourly Breakdown

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Salads for Dieters	1
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Garnishes for Salads	2
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X. QUINMESTER POST-TEST (2 hours)

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GOALS

The food services student must be able to:

1. Analyze the relationship of science and art to food preparation.
2. Apply knowledge of special factors pertaining to fermentation and proofing to the production of yeast breads.
3. Acquire an understanding of production requirements and problems.
4. Demonstrate an understanding of the proper use of basic baking procedures.
5. Demonstrate the ability to use equipment in the baking area, applying trade techniques.
6. Apply principles of cooking to large quantity food production.
7. Read and follow the directions of a recipe.
8. Apply knowledge of essential nutrients to their attention during food preparation.
9. Develop an interest in further training and advancement.
10. Satisfactorily complete the post-test.

SPECIFIC BLOCK OBJECTIVES

BLOCK I - TECHNIQUES FOR SUCCESSFUL SALADS

The student must be able to:

1. Define salad.
2. Describe the basic factors related to good salads.
3. State the four basic parts of a salad.
4. Describe salad categories and quality of ingredients used in salad making.
5. Give emphasis of the contributions salads can make to the menu, the diet and list the types of salads for buffett service.
6. Demonstrate the ability to garnish salads.
7. Demonstrate proper techniques for storing salads and salad greens.
8. Prepare, according to recipe, four basic salad dressings and at least two (2) variations of each.

BLOCK II - APPETIZERS

The student must be able to:

1. Define the term appetizers.
2. Explain in writing the types, categories and characteristics of appetizers.
3. Give examples to illustrate the food value of appetizers.
4. Demonstrate the use of garnishes for appetizers.

BLOCK III - FRUITS AND THEIR PREPARATION

The student must be able to:

1. Describe the basic composition and common nutrient contribution of fruit.
2. Give examples of the categories of fruits.
3. Demonstrate the ability to select fruits to suit individual menus.
4. Explain the changes that take place in the ripening and spoilage of fruits.
5. Demonstrate the ability to prepare fruit compote using basic cooking methods.
6. Demonstrate proper methods of storing fruits.
7. List, in writing, the place for fruits on the menu.

BLOCK IV - CHEESE AND CHEESE COOKERY

The student must be able to:

1. Write a paragraph, not less than fifty words, on the history of cheese making.
2. Identify the varieties of cheese and their uses in food preparations.
3. Describe the basic composition and nutritive value of cheese and cheese products.
4. Give examples of the uses of cheese in the diet.

5. Classify cheese by flavor and grade.
6. List factors to be considered in the digestibility of cheese.
7. Describe the proper storage of cheese.
8. Apply the principles of cheese cooking.

BLOCK V - EGGS AND EGG COOKERY

The student must be able to:

1. Describe the appearance and physical structure of eggs.
2. Give examples of ways in which eggs can be used in the diet and or the menu.
3. Describe the procedures used for the grading and storing of eggs.
4. Label the parts of an egg on a drawing.
5. Apply the principles of egg cookery.

BLOCK VI - FATS AND THEIR USES

The student must be able to:

1. List the essential fatty acids in fats.
2. List the types of fats and give example of each.
3. Describe the selection of fats available and their uses in food preparation.
4. Explain factors to be considered when storing fats.
5. Describe the two temperatures of fats involved in deep frying.

BLOCK VII - MILK AND MILK COOKERY

The student must be able to:

1. Describe the various forms in which milk is available.
2. Explain the food value of milk.
3. Give examples of the uses of milk in food preparation.
4. State three precautions to suse when heating milk.
5. Demonstrate proper care and storage of milk.

BLOCK VIII - INTRODUCTION TO BAKING

The student must be able to:

1. List the batters and doughs for baked products and give an example of each.
2. Describe the various sweetening agents and their uses in baking.
3. Identify, orally, organic and chemical leavening agents.
4. Analyze in writing, the use of gelatine in baking.
5. Write a paragraph on "Profits in the Baking Industry".
6. State orally factors to be considered in cake preparations.
7. Discuss methods of cake baking at high altitude.
8. Explain the vasic factors in preparing icing and frosting.
9. Describe the various type of pies and pie fillings.

10. Identify the types of extracts and flavorings used in baking.
11. List the methods of mixing cookie doughs.
12. Discuss the five types of cookies.
13. Classify five basic types of puddings.
14. Describe the methods used in custard preparation.
15. Give examples of four frozen desserts.
16. Read, interpret and prepare baked items from respective recipes distributed and used in class.

Course Outline

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I. TECHNIQUES FOR SUCCESSFUL SALADS

A. Definition

B. Basic Factors Related to Good Salads
1. Eye appeal
2. Simplicity
3. Neatness
4. Harmony in color and texture
5. Clean, crisp salad greens

B. Four Basic Parts
1. Base
2. Body
3. Dressing
4. Garnishes

D. Salad Categories
1. Appetizer
2. Accompaniment
3. Main Course

E. Quality of Ingredients
1. Freshness and crispness
2. Purchase first quality products
3. Quality preparation

F. Salads On The Menu
1. Choice of two or three salads
2. Contrast in flavor and color
3. Variety to accompany main dish

G. Salads for Dieters
1. Low calories cheese
2. Low calories salad dressing
3. Fruits
4. Vegetables
5. Sherbets or Fruit Ices

H. Salads for Buffet Service
1. Molded fruit salads
2. Molded vegetable salads
3. Main course salads
   a. Fruit
   b. Vegetable

I. Garnishes For Salads
   1. Parsley sprig
   2. Radish rose
   3. Carrot curl
   4. Tomato wedge
   5. Cucumber slice
   6. Crisp onion rings
   7. Watercress

J. Storage of Salads
   1. Correct refrigeration
   2. Suitable containers

K. Salad Greens
   1. Head lettuce
   2. Bibb lettuce
   3. Escarole
   4. Chickory
   5. Romaine
   6. Chinese cabbage
   7. Endive

L. Salad Dressing
   1. Italian dressing
   2. Sour Cream dressing
   3. Oil, vinegar and herbs
   4. Manonnaise
      a. Thousand Island
      b. Russian
   5. French Dressing
      a. Blue cheese
      b. Chiffonade

II. APPETIZERS

A. Definition

B. Characteristics
   1. Eye appeal
   2. Taste appeal
   3. Easy to eat
   4. Stimulating ingredients

C. Categories
   1. Fruit
   2. Vegetables
   3. Seafood
   4. Meat and poultry
   5. Dairy products

D. Types
   1. Cocktail
   2. Cannapes
   3. Hors D'oeuvres
   4. Dips
   5. Soups
   6. Relishes
   7. Petite salads

III. FRUITS AND THEIR PREPARATION

A. Definition

B. Composition and Nutritive
   1. Protein
   2. Fats
      a. Avocado pear
      b. Ripe olives
   3. Carbohydrates
   4. Minerals
   5. Vitamins

C. Selection of Fruits
   1. Fresh
   2. Frozen
   3. Canned
   4. Dried

D. Types of Fruits
   1. Citrus
   2. Melon
   3. Berry
   4. Core
   5. Stone

E. Changes During Ripening
   1. Natural ripening
      a. Increase in size
      b. Tissue softens
      c. Color changes
      d. Flavor changes
      e. Starch changes to sugar
      f. Aroma develops
      g. Texture changes
      h. Changes in pectin content
   2. Artificail Ripening
      a. Controlled temperature
         (1) To retard ripening
         (2) To stimulate ripening
      b. Ethylene Ripening
         (1) To hasten color changes
         (2) To change starch to sugar

F. Spoilage in Fruits
   1. Decay changes
   2. Fruit enzyme changes
   3. Worms
   4. Bacteria
   5. Yeast
   6. Mold

G. Fruits on the Menu
   1. Appetizers
   2. Salads
   3. Meat accompaniment
   4. Desserts
   5. Snacks
   6. Garnishes

H. Fruits in the Diet
   1. To aid normal elimination
   2. To provide bulk

I. Care and Storage
   1. Fresh fruit
      a. Kept uncovered
      b. Kept cool and dry
   2. Frozen Fruits
      a. Covered tightly
      b. Below zero degree
   3. Canned fruit
      a. Slow deterioration
      b. Kept cool and dry
   4. Dried Fruits
      a. Covered tightly
      b. Cool, dry storage
      c. Dark places

G. Principles of Preparation
   1. Retention of food value
   2. Prevention of discoloration
   3. To retain shape fo cooked fruit

IV. CHEESE AND CHEESE COOKERY

A. Development of Cheese Making
   1. To preserve nutrients of milk
   2. Ripening process
      a. Bacteria
      b. Yeast
      c. Mold

B. Composition and Nutritive Value
   1. Protein
   2. Fats
   3. Minerals
   4. Vitamins

C. Use in the Diet
   1. Energy value
   2. To add flavor to bland foods
   3. Stimulates
   4. Adds interest to meals

D. Varieties of Cheese
   1. Hard Cheese
      a. Cheddar
      b. Swiss
      c. Parmesean
   2. Semi-soft Cheese
      a. Roquefort
      b. Blue
      c. Brick

IV. CHEESE AND CHEESE COOKERY (Continued)

3. Soft cheese
   a. Cottage cheese
   b. Cream cheese
   c. Camembert
4. Process Cheese
   a. Process cheese food
   b. Cheese spreads

E. Selection of Cheese
1. Flavor
   a. Mild
   b. Sharp
2. Grades
   a. Cheddar cheese
   b. (1) U.S. Grade A
      (2) U.S. Grade B
      (3) U.S. Grade C

F. Digestability - Factors to Consider
1. Time for digestion
2. Compact texture
3. High fat content
4. Proper preparation

G. Care and Storage
1. Prevention of mold growth
   Methods used
   a. Cover securely
   b. Store in refrigerator

H. Principles of Cookery
1. Avoid overcooking
2. Use moderate temperature
3. Combine with other foods
4. Extensive use of process cheese
5. Cheese as a seasoning
   a. Sauces
   b. Au gratin dishes

V. EGGS AND EGG COOKERY

A. Appearance and Physical Structure
1. Parts of an egg
   a. Shell
   b. White
   c. Yolk
   d. Shell membrane
2. Physical structure
   a. Shell is 11% of whole egg
   b. White is 50% of whole egg
   c. Yolk is 31% of whole egg

B. Eggs on the Menu
   1. Breakfast items
   2. Salads
   3. Omelettes
   4. Souffles
   5. Custards

C. Use in the Diet
   1. Complete protein
   2. Fat
   3. Minerals
      a. Iron
      b. Phosphorus
   4. Vitamins
      a. Vitamin "A"
      b. Vitamin "B"

D. Grading of Eggs
   1. Quality
      a. U.S.D.A. Grade "AA"
      b. U.S.D.A. Grade "A"
      c. U.S.D.A. Grade "B"
      d. U.S.D.A. Grade "C"
   2. Sizes of eggs
      a. Jumbo
      b. Extra large
      c. Large
      d. Medium
      e. Small
      f. Pee-Wee

E. Storage of Eggs
   1. Should be kept in cold storage
   2. Protection from craking
   3. Prevent odors from penetrating shell
   4. Avoid evaporation of moisture

F. Principles of Cookery
   1. To cook eggs alone
   2. Boiled in shell
   3. Fried eggs
   4. Scrambled eggs
   5. Shirred eggs
   6. Poached eggs
   7. Omelette
   8. To use as a thickening agent
   9. To use for coating and binding foods
   10. To use in baked products
   11. To introduce air into food mixture
   12. To use as an emulsion

VI. FATS AND THEIR USES IN FOOD PREPARATION

A. Essential Fatty Acids
   1. Oleic
   2. Linoleic
   3. Linolenic

B. Types of Fats
   1. Animal Source
      a. Lard
      b. Butter
      c. Beef Suet
      d. Mutton Tallow
   2. Vegetable Source
      a. Corn oil
      b. Peanut oil
      c. Soybean oil
      d. Cottonseed oil

C. Temperatures
   1. Melting temperature
   2. Smoking temperature

D. Selection of Fats
   1. Package label information
   2. Inspection stamp
   3. Grade mark
   4. Brand mark
   5. Market cost
   6. Intended use

E. Uses in Food Preparation
   1. To add richness and flavor
      a. Spreads
      b. Butter
      c. Margarine
      d. Pastry baking
   2. Salad dressing
      a. Olive oil
      b. Corn oil
      c. Peanut oil
      d. Cottonseed oil
   3. Frying
      a. Vegetable oil
      b. Hydrogenated fats
      c. High quality lad
   4. Shortening flour mixtures
      a. Hydrogenated
      b. Emulsified

VII. MILK AND MILK COOKERY

A. Forms of Milk
   1. Raw
   2. Homogenized
   3. Pasteurized
   4. Skim
   5. Dried
   6. Evaporated
   7. Buttermilk
   8. Condensed

B. Food Value of Milk
   1. Protein
   2. Carbohydrates
   3. Minerals
   4. Fats
   5. Vitamins

C. Care and Storage
   1. Keep covered
   2. Keep refrigerated

D. Uses in Food Preparation
   1. Beverage
      a. Milk shakes
      b. Eggnogs
      c. Chocolate and cocoa
   2. Soups
   3. Sauces
   4. Batters and doughs
   5. Desserts
      a. Ice cream
      b. Custards
      c. Puddings
      d. Cakes
   6. Breakfast cereals
   7. Bread and bread products
   8. Special precautions
      a. Scorching
      b. Scum
      c. Curdling

VIII. INTRODUCTION TO BAKING

A. Ingredients
   1. Flour
      a. Cake
      b. Bread
      c. Pastry
      d. Rye
      e. Corn meal
   2. Eggs
      a. Shell
      b. Frozen
      c. Dried

VIII. INTRODUCTION TO BAKING (Continued)

3. Salt
   a. Iodized
   b. Fine grain
   c. Coarse grain
4. Milk
   a. Liquid
   b. Dried
   c. Whole
   d. Skim
5. Sweetening Agents
   a. Granulated sugar
   b. Powdered sugar
   c. Brown sugar
      (1) Light
      (2) Dark
   d. Pulverized sugar
   e. Honey
   f. Molasses
6. Leavening agents
   a. Organic leavening
   b. Yeast
      (1) compressed
      (2) Dry, granulated
   c. Chemical leavening
      (1) Baking powder
         (a) Tartrate
         (b) Phosphate
         (c) Combination
      (2) Baking soda and acid
7. Flavorings
   a. Flavoring extracts
   b. Flavoring emulsions
   c. Artificial flavorings
8. Spices
   a. Nutmeg
   b. Ginger
   c. Cinnamon
   d. Cloves
   e. Mace
   f. Allspice
9. Shortenings
   a. Hydrogenated fats
   b. Emulsified
   c. Butter
   d. Margarine
10. Chocolate and cocoa
11. Nut meats and coconut
12. Fruits
13. Cheese
14. Jellies and Jams
15. Corn starch

B. Batters
   1. Drop batter
      a. Muffins
      b. Drop biscuit
      c. Quick breads
      d. Drop cookies
   2. Pour batters
      a. Popovers
      b. Waffle
      c. Griddle cakes
      d. Cakes
      e. Cream fuffs and eclairs

C. Doughs
   1. Yeast dough
      a. Bread
      b. Rolls
      c. Doughnuts
      d. Buns
      e. Coffee cakes
      f. Danish pastries
   2. Quick bread dough - biscuits

D. Temperatures
   1. Factors to be considered
      a. Kind of leavening
      b. Sugar content
      c. Thickness of cakes
   2. Temperatures Guide for Cakes
      a. Cupcakes ... 375F ... 20 minutes
      b. Layer cakes ... 374F... 25 minutes
      c. Sheet cakes ... 374F ... 30 minutes
      d. Load cakes ... 325F... 45 minutes
   3. Oven temperatures
      a. Very slow . . . 250-275F
      b. Slow . . . 300-325 F
      c. Moderate . . . 350-375 F
      d. Hot . . . 400-425F
      e. Very hot . . . 450-475 F
      f. Extremely hot . . . 500-525 F

E. Profits in Baking
   1. Low food cost
   2. Portion contrast
   3. Production contrast
   4. Customer acceptability and satisfaction
   5. 40% net profit on baked products

F. Use of Gelatin in Baking
   1. A by-product of meat
   2. Incomplete protein
   3. Granulated form
   4. Sheet form

VIII. INTRODUCTION TO BAKING (Continued)

5. Methods of preparation
   a. Greese mold tin
   b. Chill to soft jelly
   c. Pour chilled jelly into mold
   d. Never use with fresh pineapple
   e. Always soften in cold water
6. Gelatin dessert mixes
   a. Misture of sugar, flavoring and coloring
   b. Dessert mixtures do not require soaking
7. Uses in dessert
   a. Holding power to whipped topping
   b. Refrigerator desserts
   c. Chiffon pies
   d. Bavarian creams
   e. Jellied fruit molds
   f. Charlotte Russe

G. Cakes
1. Cakes containing fat
2. Cakes without fat
3. Cakes containing oil
4. Classes of cakes
   a. Yellow
   b. White
   c. Chocolate
   d. Spice
   e. Sponge
   f. Angel food
   h. Up-side-down cake
   i. Cheese cake
   j. Fruit cakes
5. Methods of preparation
   a. Cream
   b. Two-step method
   c. Sponge or foam method
6. Forms of cakes
   a. Layer
   b. Loaf
   c. Cupcakes
   d. Cookies
7. High altitude cake baking
   a. Altitude of 3,000 feet
      (1) Reduce baking power
      (2) Reduce sugar
      (3) Proportions adjusted as altitude increases
8. Factors of importance
   a. Careful measurements
   b. Proper mixing method
   c. Ingredients at room temperatures
   d. Pans well greased and dusted
   e. Divide batter equally in pans
   f. Correct oven temperature
   g. Correct baking time

9. Evaluation of finished product
    a. Texture
    b. Color
    c. Flavor
10. Storage of cakes
    a. Air-tight wrap
    b. Store in air-tight containers
    c. Store in cool place

H. Icings and Frosting
1. Purpose
    a. To enhance flavor of cake
    b. To prevent exposure to air
    c. To create
    d. To serve as a moisture balance
    e. To furnish contrasting colors
2. Custard
3. Whipped cream

I. Pies and Topping
1. Parts of a pie
    a. Crust
    b. Filling
    c. Topping
        (1) Top crust
        (2) Meringue
        (3) Whipped cream
        (4) Crumb topping
    d. Pie fillings
        (1) Cream pies
        (2) Custard pies
        (3) Chiffon pies
        (4) Refrigerator-Gelatin type
        (5) Fruit pies
    e. Variety pies
        (1) Cobbler
        (2) Turnover
        (3) Tarts
        (4) Deep dish pies
        (5) Fruit dumplings

J. Bread and Bread Products
1. Yeast
    a. Rolls
    b. Buns
    c. Sweet rolls
    d. Doughnuts
    e. Loaf
2. Quick breads
    a. Biscuits
    b. Muffins
    c. Pan breads
3. Ingredients and proportions

VIII. INTRODUCTION TO BAKING (Continued)

4. Mixing of dough
5. Rising of dough
6. Kneading of dough
7. Shaping of dough
8. Baking
9. Care after baking
10. Evaluate finished product

K. Cookies
   1. Types
      a. Drop
      b. Rolled
      c. Refrigerated
      d. Bagged
   2. Mixing Methods
      a. Creaming
      b. One step method
   3. Cookie faults and causes
      a. Spreading
      b. Crumbly
      c. Sticking to pan
      d. Sugarly crust

L. Puddings
   1. Types
      a. Boiled
      b. Baked
      c. Chilled
      d. Steamed
      e. Souffle
   2. Sauces for puddings
      a. Cream sauce
      b. Fruit sauce
      c. Hard sauce

M. Custards
   1. Types
      a. Soft or boiled
      b. Baked
      c. French custards
         (1) Corn starch
         (2) Flour
         (3) Less eggs
         (4) Butter added

IX. QUINMESTER POST-TEST

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22.	Bread EBEC 11' - Band W.	1-03965
23.	Dair Industry, The 11' B/W Mahuke	1-03898
24.	Eggs EBEC 10' - Band W.	1-03857
25.	Eggs to Chickens 10' - Band W-1, Bailey	1-03873
26.	Food Gateway, 10' - Color	1-03939
27.	Food and People EBEC 12' - Color	1-30055
28.	Food Preparation 10' - Color, U. S.	1-05468
29.	Food Storage 12' B nd W, U-W	1-05623
30.	Menu Magic 18' Color, Merida Bakery	1-04067
31.	Weights and Measures 10' -B/W Coronet	1-00898
32.	Wheat, The Staff of Life, 33 min. B/W	1-30764
33.	Why Foods Spoil EBEC 14' Color	1-11549

A P P E N D I X

Quinmester Post-Test Sample

QUINMESTER POST-TEST

NAME _____ DATE _____ SCORE _____

True or False Test

Directions: Each of the following statements is either true or false, write in the blank T for True and F for False.

_____ 1. The season of the year affects the price of salad greens.

_____ 2. In salad making the garnishes should relate to the salad.

_____ 3. Gelatine is made from roots of various vegetables.

_____ 4. Only olive oil can be used successfully in salad dressing.

_____ 5. An appetizer is a salad.

_____ 6. Evaporated milk is milk from which the fat has been removed.

_____ 7. Sour cream is not a cultured product.

_____ 8. Cooking eggs at high temperatures and improper cooling may cause discoloration in hard boiled eggs.

_____ 9. Acid juices, such as lemon and grapefruit juice, aid in preventing discoloration of cut apples, pears and bananas.

_____ 10. Cheese is not a complete protein.

_____ 11. Quick breads are made with chemical leavening agents.

_____ 12. Yeast breads are made with an organic leavening.

_____ 13. Cake baking at high altitude is affected by atmospheric pressure.

_____ 14. Icing a cake will help preserve the freshness.

_____ 15. Custards and puddings are made with the same basic ingredients.

_____ 16. Eggs and cheese should be cooked at low and moderate temperatures.

_____ 17. In whipping evaporated milk, a small amount of lemon juice helps to produce a stable foam.

_____ 18. Dried Milk cannot be used for whipping.

_____ 19. Curds are the solid parts of milk.

_____ 20. Whey is the liquid portion of milk.

QUINMESTER POST-TEST

NAME _____ DATE _____ SCORE _____

Fill in the Blank Test

Directions: Write the answers in the space provided.

1. Four categories of salads are:

   a. _____

   b. _____

   c. _____

   d. _____

2. Four basic parts of a salad are:

   a. _____

   b. _____

   c. _____

   d. _____

3. Two basic salad dressings are:

   a. _____

   b. _____

4. Four characteristics of an appetizer are:

   a. _____

   b. _____

   c. _____

   d. _____

5. The changes that take place in fruit during the ripening process are:

   a. _____

   b. _____

   c. _____

   d. _____

   e. _____

Fill in the Blank Test (Continued)

f. _____

g. _____

h. _____

6. When cooking cheese the temperature should be _____.

7. Cheese has a high _____ and _____ content.

8. Four parts of an egg are:

a. _____

b. _____

c. _____

d. _____

9. Fats are mde from _____ and _____ sources.

10. Milk can be purchased in eight forms. They are:

a. _____

b. _____

c. _____

d. _____

e. _____

f. _____

g. _____

h. _____

11. Two forms of yeast are:

a. _____

b. _____

12. Two types of baking powder are:

a. _____

b. _____

Fill in the Blank Test (Continued)

13. Three types of flavorings are:

    a. _____

    b. _____

    c. _____

14. Two types of batters are:

    a. _____

    b. _____

15. Two types of doughs are:

    a. _____

    b. _____

16. Three types of cakes are:

    a. _____

    b. _____

    c. _____

17. Three methods of cake mixing are:

    a. _____

    b. _____

    c. _____

18. Icings and frostings add _____ to cakes and cookies.

19. Two classifications of icing are:

    a. _____

    b. _____

20. Three types of custards are:

    a. _____

    b. _____

    c. _____

QUINMESTER POST-TEST

NAME _____ DATE _____ SCORE _____

Multiple Choice Test

Directions: Complete the statement correctly by circling the right answer.

1. Which of the following is a leavening agent?

   a. Corn starch
   b. Gelatin
   c. Yeast
   d. Sugar

2. Which of the following desserts give more energy:

   a. Gelatin with fruit
   b. Custard cup
   c. Angel food cake
   d. Apple pie with ice cream

3. Which of the following is a citrus fruit?

   a. Bananas
   b. Grapes
   c. Apple
   d. Grapefruit

4. Milk with 40% of liquid removed and sugar added is called:

   a. Homogenized
   b. Evaporated
   c. Condensed
   d. Skim

5. Parmesan cheese is classified as a:

   a. Soft cheese
   b. Hard cheese
   c. Process cheese

6. The introduction of carbon dioxide into yeast dough is called:

   a. Shaping
   b. Kneading
   c. Fermentation

7. Which of the following cakes is made without fat?

   a. Pound cake
   b. Sponge cake
   c. Chocolate layer

8. Choose the uncooked frosting from the following:

   a. Foundant
   b. Butter cream
   c. Fudge-flat icing

9. Which one of the following desserts consists of ice cream?

   a. Napoleon
   b. Charlotte Ruse
   c. Baked Alaska

10. A deep dish fruit pie with only an upper crust is called a:

   a. Tart
   b. Torte
   c. Jubilee
   d. Cobbler

QUINMESTER POST-TEST

NAME _____ DATE _____ SCORE _____

Matching Test

Directions: Complete the sentence by placing the proper letter in the second column in the space provided.

I. Give the purpose of each of the following ingredients in quick breads. Match the two columns correctly with the letter in the space provided.

_____	1. Milk matches with	(a) Makes quick breads tender and flaky.
_____	2. Eggs match with	(b) When used as the only liquid, the texture will be coarse.
_____	3. Fat matches with	(c) This liquid adds food value and flours.
_____	4. Sugar matches with	(d) Serve as a binder to hold ingredients together.
_____	5. Water matches with	(e) Gives surface a golden brown color and adds flavor.

II. Match the correct salad with each category by writing the correct letter in the space provided.

_____	1. Appetizer	(a) Tossed salad
		(b) Molded fruit salad
_____	2. Accompaniment	(c) Shrimp cocktail
		(d) Chicken salad
_____	3. Main Dish	
_____	4. Dessert	

III. Place proper choice of letter beside number matching the name of the cookie with the method of preparation.

_____	1. Brownie	(a) Rolled method
		(b) Ice-box method
_____	2. Macaroons	(c) Bagged method
		(d) Bar method
_____	3. Shortbread	(e) Sheet method
		(f) Drop method
_____	4. Chocolate chip	
_____	5. Pinwheel	
_____	6. Fruit bars	

Matching Test (Continued)

IV. Select the definition for each word by placing the correct letter in the space provided.

_____	1. Crepes	(a)	Rich pastry filled with fruit
_____	2. Compote	(b)	Small flat cookie
_____	3. Filbert	(c)	Misture of stewed fruit
_____	4. Flambé	(d)	Protein in flour
_____	5. Formulas	(e)	Rendered hot fat
_____	6. Gluten	(g)	Thin pancake
_____	7. Lactose	(h)	Combination flavors bavarian cream with fruit
_____	8. Marzipan	(i)	Cultured hazelnuts
_____	9. Lard	(j)	Rum flavored bavarian cream with fruits
_____	10. Mocha	(k)	Dried sweet grapes
_____	11. Nesselrode	(l)	Crisp cookie, rich in butter
_____	12. Raisins	(m)	Almond paste
_____	13. Shortbread	(n)	Recipe
_____	14. Snaps	(o)	Flaming Desserts
_____	15. Strudel		

V. Correct the following volume measurements to weight using the space provided.

1. Granulated . . . . . 2 cups = _____
2. Flour, bread (sifted) . . . . . 1 pint = _____
3. Eggs, whole (medium) . . . . . 1 cup = _____
4. Sugar, brown (packed) . . . . . 2 cups = _____
5. Corn meal . . . . . 3 cups = _____
6. Dried milk powder . . . . . 2 cups = _____
7. Rice, raw . . . . . 2½ cups = _____

Matching Test (continued)

VI. Correct the following weights to measurement using the space provided.

1. Butter . . . . . 1 pound = _____
2. Egg whites . . . . . ½ pound = _____
3. Flour, bread (sifted) . . . . . 2 pounds = _____
4. Water . . . . . 2 pounds = _____
5. Raisin, seedless . . . . . 1 pound = _____
6. Cottage cheese . . . . . 1 pound = _____
7. Pecans chopped . . . . . ½ pound = _____
8. Mayonnaise . . . . . 1 pound = _____

VII. Fill the spaces with equivalent measurements

1.
2.
3.
4.
5.
6.

VIII. Identify the following abbreviations using the space provided.

1. Tsp. = _____
2. Tbsp. = _____
3. C. = _____
4. Pt. = _____
5. Qt. = _____
6. Gal. = _____

Matching Test (Continued)

7. Oz. = _____

8. Lb. = _____

9. Bch. = _____

10. E.P. = _____

QUINMESTER POST-TEST

NAME _____ DATE _____ SCORE _____

Oral Test

Directions: Each question will asked orally by the instructor. The responses will be oral and will be evaluated interms of the printed answer. (Key)

1. Define fruit.
2. Explain in detail what a compote consists of.
3. Name five types of fruit.
4. Describe five steps in following a recipe.
5. Name six factors to be considered when using fat for deep-frying.
6. Discuss the proper temperatures for fat used in deep frying; when being held on stand-by use.
7. State the qualities of a good biscuit.
8. Describe the characteristics of a fresh egg.
9. Name five out of seven forms of milk.
10. Explain three precautions to use when heating milk.
11. Discuss the three classification of cake mixtures.
12. State two reasons for frosting cakes.
13. Name five types of basic pie fillings.
14. Name four types of pie toppings.
15. Name five types of variety pies.

TABLE OF MEASUREMENTS AND ABBREVIATIONS

Conversion of Volume to Weight.

1. One pound
2. 8 ounces
3. 8 ounces
4. One pound
5. One pound
6. 8 ounces
7. One pound

ANSWER KEY TO QUINMESTER POST-TEST

True or False Test

1. True
2. True
3. False
4. False
5. False
5. False
6. False
7. False
8. True
9. True
10. False
11. True
12. True
13. True
14. True
15. False
16. True
17. True
18. False
19. True
20. True

Completion Test

1. a. appetizer
   b. accompaniment
   c. main course
   d. dessert

2. a. base
   b. body
   c. garnish
   d. dressing

3. a. mayonnaise
   b. French dressing

4. a. eye appeal
   b. taste appeal
   c. easy to eat
   d. stimulating ingredients

5. a. increase in size
   b. tissue softens
   c. color changes
   d. flavor chantes
   e. starch changes to sugar
   f. aroma develops
   g. textures
   h. change in pectin content

Answer Key to Quinmester Post-Test (Continued)

Completion Test

6. Low-Moderate

7. Protein and fat

8. a. shell
   b. white
   c. yolk
   d. membrane

9. a. animal
   b. vegetable

10. a. raw
    b. pasteurized
    c. skim
    d. dried
    e. buttermilk
    f. condensed
    g. evaporated
    h. homogenized

11. a. compressed (cake)
    b. granulated (dry)

12. a. tartrate
    b. phosphate

13. a. pure extracts
    b. articifical flavoring
    c. emulsions

14. a. pour batter
    b. drop batter

15. a. yeast dough
    b. quick bread dough

16. a. cakes with fat (layer - pound, etc.)
    b. cakes without fat (sponge - angel food)
    c. Chiffon cakes (made with oil)

17. a. creaming method
    b. two-step method
    c. sponge or foam method

18. Flavor

19. a. cooked icing
    b. uncooked icing

20. a. baked custards
    b. boiled or soft custard
    c. French custard

Answer Key to Quinmester Post-Test (Continued)

Multiple Choice Test

1. c
2. d
3. d
4. c
5. b
6. c
7. b
8. b
9. c
10. d

Matching Test

I.
1. c
2. d
3. a
4. e
5. b

II.
1. c
2. a
3. d
4. b

III.
1. e
2. c
3. a
4. f
5. b
6. d

IV.
1. g
2. c
3. i
4. o
5. n
6. d
7. e
8. m
9. f
10. h
11. j
12. k
13. l
14. b
15. a

V.
1. 2 cups
2. 1 cup
3. 8 cups
4. one quart
5. 3 cups
6. 2 cups
7. 2 cups
8. 2 cups

VI.
1. three
2. sixteen
3. two
4. four
5. four
6. sixteen

VIII.
1. teaspoon
2. tablespoon
3. cup
4. gallon
5. quart
6. gallon
7. ounce
8. pound
9. bunch
10. as purchased
11. Edible portion